



The job of a parcel delivery driver can be pretty physically demanding work, and that makes it even more important for all of us to remain healthy. We all know that taking care of our health is important, but not many people actively pursue a healthy lifestyle day in and day out. Our bodies are essentially machines and when they are not taken care of they begin to break down. This occurs naturally over time with old age, but many millions of people face health issues that are not normal to have and often accelerate the aging process or cause premature death. All of us need to consider what our health means to us and what we can do to improve it.

### **GET PLENTY OF REST**

The National Heart, Lung, and Blood Institute recommends that adults over the age of 18 years old get at least 7 to 8 hours of sleep every night. Studies also show that sleep deficiency alters activity in some parts of the brain. If you are sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior, and coping with change. When it pertains to driving in high traffic areas, deficiencies in any of these areas could result in severe consequences.

### **EAT A HEALTHY BREAKFAST**

It's a well-known fact that a healthy breakfast full of proteins, fibers, and carbohydrates, not only fills your stomach but also boosts brain activity and overall wellness. Studies have shown that individuals who skip breakfast often become hungrier throughout the day and make poorer choices such as snack foods, that becomes a detriment to your overall health.

### **AVOID PROCESSED JUNK FOODS**

Processed junk food is incredibly unhealthy. These foods have been engineered to trigger your pleasure centers, so they trick your brain into overeating — even promoting food addiction in some people. They're usually low in fiber, protein, and micronutrients but high in unhealthy ingredients like added sugar and refined grains. Thus, they provide mostly empty calories.

These are just a few basic things we all can do to live a healthier life. It is easy to disregard this advice or stick to bad habits because it can be hard to make a change. Bad habits can be broken. Think of someone you know who is in bad health and is very limited in what they can do. No one wants to live like that. Think about the last time you had the flu and how much you appreciated how great you felt once you got over it. Well, heart attacks unlike the flu cause permanent damage and will forever affect your health for the rest of your life. Be proactive and make a change today for a healthier tomorrow.

### **DON'T SMOKE**

It's just that simple. Extensive research regarding the effects of smoking on the respiratory system has shown that smokers have an extremely higher chance of lung failure, lower energy levels, and a longer exertion to recovery time when compared to the average non-smoker. Vaping is not much better. Although there are not many studies that address the health implications of vaping, anecdotal evidence of serious lung disease and death attributable to vaping suggests that it is not a safe alternative to smoking.

### **CONSUME PROBIOTICS AND FIBER**

The bacteria in your gut, collectively called the gut microbiota, are incredibly important for overall health. A disruption in gut bacteria is linked to some of the world's most serious chronic diseases, including obesity. Good ways to improve gut health include eating probiotic foods like yogurt and sauerkraut, taking probiotic supplements, and eating plenty of fiber. Notably, fiber functions as fuel for your gut bacteria.

### **HYDRATE**

Plain and simple, if you do not stay hydrated, your physical performance will suffer. Dehydration (even to a small degree) can have a noticeable effect and lead to reduced motivation, increased fatigue and make the physically demanding work that you do seem much difficult. Drink water and transition away from soda or other sugar-filled drinks.